

# School Health Promotion *Morning Announcements*

**NOVEMBER: Take Five!**



## **Short:**

“Eat your vegetables!” Have you ever heard this from mom or dad at the dinner table? Well – there’s a reason: fruits and vegetable keep you healthy and make you stronger.

Next time you’re at the grocery store with your parents, surprise them by saying, “Let’s pick a new vegetable to try!” Make sure they aren’t holding anything breakable, because they might drop it in shock!

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